

The Village News



February Edition

Main Office: 216.941.3330

Open 8am-1pm (Atrium Desk)

Service Coordinator: 216.941.4600

Fax: 216.941.7758



Community Updates

RESALE SHOP HOURS

Moving forward, on Thursdays from 2-4pm, please note that Jeannie, our Resale Shop Coordinator, will be in the B Building 5th Floor lounge to show furniture and other larger items that do not fit in the Resale Shop. As a reminder, the Resale Shop is open on Wednesdays and Fridays from 1-3pm and is located on the 2nd Floor of the Activity Center, otherwise known as "The Rectory".



OUR TEAM

Alister Englehart, **Property Manager**
 Colleen Barry, **Asst Property Manager**
 Brian Rockas, **Site Superintendent**
 Heather Carey, **Occupancy Specialist**
 Etta Smith-Wells, **Service Coordinator**
 Josh Torres, **Maintenance Technician**
 Jeff Krall, **Maintenance Technician**
 Maureen Fleming, **Administrative Assistant**
 Michelle Shaffer, **Beautician (216.315.6869)**
 Jeannie Daloisio, **Village Resale (216.282.6954)**

Welcome
Home

Beverly
Brenda
Carlton
Carol
Jenny
Ood
Joseph
Linda
Maggie
Maria
Marsha
Ed

Mary
Michael
Pamela
Paul
Perry
Randy
Rita
Robert
Robin
Blanca
Walter
Cynthia

THE MOBILE OFFICE WILL **NOT**
 BE VISITING THIS MONTH.



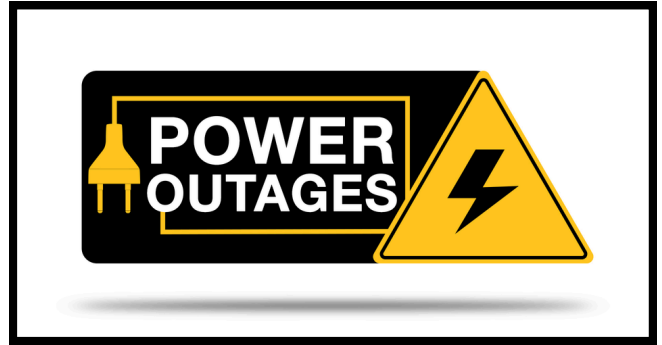
LETTER TO THE EDITOR



The following question has been submitted by a tenant to our Main Office:

Q: My delivery driver is having a hard time finding me. How can I help them get to me?

We are committed to partnering with you to assist those visiting to navigate the Village successfully. Please know that we are in active conversations with a consultant regarding helpful signage updates. There are a couple of big ways that you can contribute to successful deliveries. **1)** Please put notes on your delivery that the driver should use Google Maps to find your building (3646 or 3648 Rocky River Dr). There are a variety of navigation tools out there including Google Maps, Apple Maps, Waze, Here WeGo, and many others. Google has accepted recommendations by our team for the locations of each building, which will greatly help with navigation. **2)** Please also make sure that you have your phone with you at all times if you are waiting on a delivery. Our team frequently observes delivery staff attempting to contact tenants but with their calls going to voicemail. Thank you all for your ongoing partnership as we work to promote a smooth experience for our visitors!



THIS MONTH'S GOOD IDEA

Check the FirstEnergy Website during power outages.

In the event of a power outage, please note that the best tool for staying up-to-date on repair timelines is the following website:

<https://outages-oh.firstenergycorp.com>

During outages, our office phones and internet are usually non-functional like yours. Certain items are tied to emergency power (e.g. hallway lights) and will remain on during outages. We are currently in the process of determining other priority items to add to the load capacity able to be borne by our emergency generator.

HIGHLIGHT EVENTS



Brand New Mobility Class!!

Introducing... a new class designed to improve your balance and enhance your mobility! Join Cat Donovan every Monday at 1pm for a dedicated Balance Class in the Bowling Alley. This class will focus on exercises and techniques to help you feel more stable and confident in your movements. Whether you're looking to improve your overall fitness, prevent falls, or simply move with greater ease, this class is perfect.

FREE DONUTS!!

Spread the love (and sugar!) this Valentine's Day! Join us for a special Valentine's Day Coffee Hour on Thursday, February 13th at 1pm in the Community Room. Enjoy some friendly company and a FREE donut! Please RSVP by Monday, February 10th by calling the office. Don't miss out on this sweet treat!



COMMUNITY NOTES

Deep Sentinel Live! 

Feeling safer than ever! Deep Sentinel is now on guard in all three of our parking lots. This advanced security system provides real-time monitoring by both artificial intelligence and live agents, leading to proactive intervention when suspicious activity is observed. Enjoy greater peace of mind knowing that you and your vehicles are well protected!

Bird Bath
Decommissioned



After years of providing a refreshing oasis for countless birds, and bringing joy to our tenants and staff, our beloved bird bath is being decommissioned. We remain excited to continue our plans for various beautification projects around the site in the coming years. Special thanks to Diane for her many years of faithful service, always keeping the bird bath shining!



Join Diana Devore on Tuesday 2/18 at 1 pm in the Arts and Crafts Room for our monthly crafting series. Learn to transform ordinary coffee filters into stunning blooms. All supplies provided!



THIS MONTH'S MOVIE NIGHT



ALL ABOUT HEAT WITH BRIAN



As the temperatures drop, our maintenance superintendent, Brian Rockas, would like to share some helpful tips for maximizing your heating system's efficiency. Our boilers work hard to send out water at a safe temperature of around 200 degrees, but by the time it reaches your baseboard heaters, especially in these colder months, the water can cool down. This means units with more or larger windows may experience greater temperature fluctuations than those with fewer or smaller windows. To help your heating system work efficiently:

- Avoid blocking baseboard heaters with furniture. This restricts the circulation of warm air and can make your unit feel colder.
- Be mindful of space heater placement. While space heaters can provide supplemental warmth, placing them near your thermostat can trick it into thinking the entire unit is warmer than it actually is, potentially leading to other areas becoming too cool. Ensure your space heater is safe for multi-family buildings. Not all space heaters are created equal.

We appreciate your understanding as we work to keep everyone warm and comfortable during these cold winter months.

NOTES FROM THE SERVICE COORDINATOR



February: A Month of Reflection, Awareness, and Kindness

February is a month filled with meaningful observances, from Black History Month to Heart Awareness, Cancer Awareness Day, and even Random Acts of Kindness Day. Here are a few highlights to reflect on and celebrate.

Black History Month: Honoring the Legacy of the Six Triple Eight

One of the most inspiring yet lesser-known stories of Black history is that of the 6888th Central Postal Directory Battalion—the first and only Women’s Army Corps unit of color stationed overseas during World War II.

This extraordinary group of 855 women took on the immense challenge of sorting through a three-year backlog of 17 million pieces of mail, ensuring that American soldiers received long-overdue letters from home. Despite facing racial and gender discrimination, these women brought hope to the front lines, proving their resilience and dedication.

This inspiring story is now being brought to life in Tyler Perry’s film shown on Netflix. The Six Triple Eight, starring Kerry Washington. As Washington’s character, Captain Charity Adams, powerfully states in the film’s teaser: “A lot of people do not want us to succeed. We have the most to prove.”

This Black History Month, let us honor the courage and contributions of these remarkable women and countless others who have shaped history.

American Heart Awareness Month: Prioritizing Cardiovascular Health

Heart disease is the leading cause of death in the United States, affecting men, women, and

people of most racial and ethnic groups. In 2022, one in every five deaths in the U.S. was caused by heart disease.

Key Facts About Heart Health:

High blood pressure is a major risk factor for heart disease, affecting nearly half of U.S. adults—yet only 1 in 4 have it under control.

Lifestyle choices such as maintaining a healthy diet, staying active, and managing stress play a crucial role in heart health.

National Wear Red Day takes place on the first Friday of February, raising awareness about women’s heart health.

♥ **Take Charge of Your Heart Health!** Every month on the 4th Monday from 10:30 AM – 11:30 AM, Cleveland Emergency Medical Services (EMS) will be at the Franciscan Village Bowling Alley to offer free blood pressure and glucose checks. Stop by and take advantage of this important health service! This service is free to all Franciscan Village residents.

February is a time to celebrate history, health, and kindness. Let’s take this opportunity to learn, take care of ourselves, and uplift one another!

Other Days to Remember in February

Groundhog Day, February 2

World Cancer Day, February 4

Random Act of Kindness Day, February 7

Valentine's Day, February 14



FEBRUARY EVENTS



Elizabeth Rattray,
Independent Medicare
Insurance Broker

Tuesday, February 11 @ 1:30

Community Room

Elizabeth will talk about the benefit changes you made during open enrollment are working for you. This is the one last chance until next year to change if you are not satisfied with your plan.



Coffee with the Cops

February 12 @ 1

Community Room

Come join our Community Officers to talk about life in West Park and at the Village!

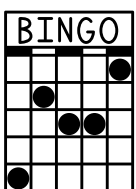


Michelle Waldron,
Independent
License Insurance Agent

Monday, February 17 @ 1-2

Community Room

Michelle will be here to answer questions about any problems with your insurance, grocery, over the counter, etc. related to your 2025 plans.



Bingo w/ SPRY Seniors

Wednesday, February 19 @ 12

Community Room

Please RSVP with Etta by Monday, February 17



EMS

February 24 @ 10:30

Bowling Alley



Food Bank

February 25 @ 12

Bowling Alley



Line Dancing!

February 27 @ 2

Community Room



Book Club

February 28 @ 2

Bowling Alley

The Book of the Month is "The Reading List" by Sara Nisha Adams.



I am delighted to announce that our own Maureen Fleming will now be serving as my new assistant. She will be supporting me with my daily responsibilities and will be available each day from 2-4 PM. Please join me in congratulating Maureen on this new transition for her role at the Village!

FEBRUARY 25

| Mon | Tues | Wed | Thurs | Fri |
|---|---|---------------------------------|----------------------------------|------------------------------|
| 3 BALANCE 1 | 4 EXTERMINATOR | 5 SHOP VAN | 6 | 7 COMMUNION SERVICE 11 |
| 10 BALANCE 1 | 11 ELIZABETH R 1:30 LCR GAME NIGHT 6 | 12 COFFEE W/ COPS 1 | 13 COFFEE HOUR 1 KARAOKE 6 | 14 |
| 17 EUCH MINISTERS 11 MICHELLE W 1 BALANCE 1 KNIT 4 CANCER 2 | 18 EXTERMINATOR CRAFTING 1 | 19 SHOP VAN SPRY BINGO 12 | 20 BINGO 6 | 21 MOVIE NIGHT 6 |
| 24 EMS 10:30 BALANCE 1 | 25 FOOD BANK 12 GAME NIGHT 6:30 A&C ROOM | 26 | 27 LINE DANCE 2 | 28 BOOK CLUB 2 |
| ACTIVITY CENTER | | WEEKLY PROGRAMS: | | |
| FITNESS ROOM | 24/7 | SILVER SNEAKERS | FRIDAY | 10 |
| ACTIVITY ROOM | 24/7 | RESALE SHOP | WED & FRI | 1-3 |
| LIBRARY/COMP LAB | 24/7 | WII BOWLING | WEDNESDAYS | 1 |
| | | TAI CHI/WEIGHTS | WEDNESDAYS | 10:30 |